

Events, Workshops & Info

<u>Foot Care Clinic</u> 2nd Tuesday 2nd & 4th Wednesdays 8:30 am - 3:30 pm By Appointment	<u>The Aging Eye</u> Overlake Wellness Seminar Mon., Jan. 24th 1-2:30 pm	<u>Tuesday Afternoon Sweetheart Dance</u> Tuesday, 8th 2 - 4 pm Dance with your sweetie to the Sound of Swing !	<u>Getting Around Puget Sound Experts</u> 2nd Mon. Each Month 10 am - 2 pm
<u>Tuesday Afternoon New Year's Dance</u> Tuesday, Jan. 11th 2 - 4 pm Come Listen to the Sound of Swing Big Band!	<u>Reflexology</u> 1st & 3rd Tuesday 8:30 am - 3:30 pm By Appointment	<u>Legal Clinic</u> Eastside Legal Assistance Program Second Thursday 2 - 4 pm Appt. call 425-747-7274	<u>Saturday Holiday Ball</u> Saturday, Dec. 18th 7 - 10:30 pm Refreshments and Dance lesson by USA Dance!
<u>Afternoon Parent/Child Drop-In Play Group</u> Monday 3 - 5:30pm Wednesday 11 a-12:30 pm Thursday 1 - 4 pm	<u>Senior Rights Assistance</u> Estate Planning, End of Life Issues, Substitute Decision Making 4th Tuesday Each Month 9, 10 & 11 am (by appt)	<u>Take a Stand Against Stroke</u> Overlake Wellness Seminar Mon., Feb. 28th 1-2:30 pm	<u>SHIBA</u> (Statewide Health Insurance Benefits Advisors) 1st & 3rd Wednesdays each month, By Appt 9, 10 & 11 am
<u>Senior Nutrition Lunch Program</u> Lunch served at noon Mon., Tues., Wed. & Fri. Age 60+: Sug. Donation \$3; Under 60: \$5.75	<u>Holiday Luncheon</u> Wed., Dec. 15 11:30 am - 2 pm Spirit of Puget Sound Singers!	<u>Tuesday Afternoon Celebrate Snow Dance</u> Tuesday, Dec. 14th 2 - 4 pm Come listen to the music of Sounds of Swing Big Band	<u>Volunteer Recognition Luncheon</u> Wed., Feb. 9th 11:30 am - 2 pm

Trips

Out to Lunch Bunch at Shucker's
 Tuesday, January 11th
 11 am - 2 pm

Tulalip Casino
 Thursday, January 20th
 9 am - 5 pm

Out to lunch at Armondo's Restaurant
 Tuesday, January 25
 11 am - 2 pm

NW Flower and Garden Show
 Thursday, Feb. 24th 9 am - 1 pm

Museum of Flight
 Thursday, February 3rd
 9:30 am - 2 pm

Emerald Queen Casino
WEDNESDAY
MARCH 2ND
 9 AM - 4 PM

Picasso Exhibit at SAM
 Thurs., Jan. 13th
 10 am - 3 pm

WA St. History Museum, Museum of Glass, Tacoma Art Museum
 Thursday, March 21
 9 am - 3 pm

"Next to Normal" at the 5th Avenue Theatre
 Saturday, Feb 26th
 1 - 4 pm

Out to Lunch at The CrabPot, Seattle
 Tuesday, Feb. 8th
 11 am - 2 pm


Snoqualmie Casino
 Thurs., Feb. 17th
 9 am - 4 pm

Sinatra Valentine's Day Argosy Cruise
 Monday, Feb. 14th
 11 am - 3 pm

Northwest Women's Show
 Fri., March 4th
 10 am - 2 pm

North Bellevue Community Center
 4063 - 148th Avenue NE, Bellevue WA 98007
 Phone 425-452-7681 Fax 425-882-1968
www.bellevuewa.gov www.myparksandrecreation.com



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Billiards 8:30 am - 8 pm Ping Pong 8:30 am - 10 am (additional time if available) Pickleball \$ 8:30 - 10 am Conversation & Crafts 10 am - 2 pm Advanced Yoga \$ 10 - 11 am Latino Senior Exercise 10 - 11 am Gentle Yoga by Wendy \$ 10:30 - 11:30 am ESL/Spanish Speakers 11 am - noon Tai Chi (Spanish) 11:15am-12 pm Line Dance \$ 11:45 - 12:45 pm Duplicate Bridge \$ 12:15 - 3:30 pm Parent/Child Drop-In Play \$ 3 - 5:30 pm Jazzercise \$ 6 - 7pm	Billiards 8:30 am - 8 pm Ping Pong 8:30 am - 10 am (additional time if available)) Enhance Fitness \$ 9 - 10 am Computer Class \$ 10 am - 12 pm Computer Class \$ 12:30 - 2:30 pm Sound of Swing Big Band Practice (free) or Second Tuesday Dance (\$3) 2 - 4 pm Jazzercise \$ 4:30 - 5:30pm Jazzercise \$ 5:45 - 6:15 pm Swing 1 \$ 7 - 8 pm Swing 2/Lindy Hop \$ 8 - 9 pm	Billiards 8:30 am - 8 pm Ping Pong 8:30 am - 10 am (additional time if available) Mandarin ESL Group 9:30 - 10:30 am Tai Chi Practice 9:30 - 10:30 am Ikebana \$ 10 am - 12 pm Pinochle 10 - 3:30 pm Red Cross Knitting Group 11am - 3pm Chinese Chorus 10:30 - 12 pm Parent/Child Drop-In Play \$ 11 am - 1 pm Drop In Line Dance \$ 11 am - 12 pm Duplicate Bridge\$ 12:15 - 3:30 pm Mah Jongg 1 - 3 pm CISC Dance \$ 1 - 2:45 pm Ageless Actors \$ 1 - 3 pm Pickleball \$ 3 - 5 pm Jazzercise \$ 6 - 7pm	Billiards 8:30 am - 8 pm Ping Pong 8:30 am - 10 am (additional time if available) Enhance Fitness \$ 9 - 10 am Cribbage 10 am - 12 pm Pinochle 12 - 3 pm ESL/Chinese Speakers 10 - 11:30 am Gentle Yoga by Wendy \$ 10:30 - 11:30 am Parent/Child Drop-In Play \$ 12 - 4:00 pm Overview of Excel \$ 12:30 - 2:30 pm Drop-In Painting 1 - 3 pm Jazzercise \$ 4:30 - 5:30 pm Jazzercise \$ 5:45 - 6:15 pm	Billiards 8:30 am - 6 pm Ping Pong 8:30 am - 10 am (additional time if available) Enhance Fitness \$ 9 - 10 am Latino Senior Exercise 10 - 11 am Chorus 10:30 - 11:45 am Line Dance \$ 11 - 12 pm Tai Chi (Spanish) 11:15am - 12 pm Duplicate Bridge \$ 12:15 - 3:30 pm Pickleball \$ 3 - 5 pm	Billiards 9 am-11am (additional time if available) Ping Pong 9 am-11am (additional time if available) Jazzercise \$ 8-9 am Tai Chi QiGong \$ 9-10 am Register for classes and events at the front desk or over the phone by calling 425-452-7681 or online at www.myparksandrecreation.com  See Reverse for Upcoming Workshops and Events!

"This information will be provided in alternate formats for individuals with disabilities upon request. Please provide two weeks advance notice for special needs requests. Assistance for the Deaf and Hard of Hearing can be provided through the 711 Telecommunications Relay Service" 425-452-7681

